



Mindful Eating for Easter

Around Easter time, people tend to overindulge in sweets and chocolates as they are common treats at social gatherings. Family time is important for happiness and wellbeing but make sure you are taking mindful steps to make it a healthy holiday for both you and your family.

1. Be aware of portion size- A serving of chocolate is about the size of your index finger.
2. Make the most of the smell, flavor, and textures of your food. This will help you be more satisfied and make you less likely to overeat.
3. Eat the sweet treats away from distractions like phones and TVs.



Skin Cancer Awareness

We will be seeing a lot more of the sun in the summer months which means a higher risk for skin cancer, if you don't take the right steps to prevent it. Skin cancer is one of the most common cancers in the U.S. but the good news is, it is also one of the most preventable forms of cancer. Keep you and your family protected using these tips!

- Seek the shade.
- Avoid getting sunburned.
- Never use UV tanning beds.
- Cover up with clothing, hats, and UV blocking sunglasses.
- Use water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher, especially when doing extended outdoor activities.
- Reapply sunscreen every two hours or after swimming or excessive sweating.
- See a dermatologist for a skin exam at least once a year.



For more information visit www.skincancer.org

Test Your Wells This Spring!

Wells can be safe, dependable sources of water if sited wisely and built correctly, but individual owners must take special precautions to ensure the protection and maintenance of this water supply. The Environmental Protection Agency (EPA) does not have the authority to regulate private drinking water wells. **As an individual water system owner, it is up to you to make sure that your water is safe to drink.** At a minimum, you should check your well every spring to make sure there are no mechanical problems but if you have experienced problems in the past, there have been known well problems in the area or you have noticed a change in your water quality, you may want to consult with an expert, such as the local Health Department for more information.



Where can you get a testing kit?

"Do-it-yourself" drinking water test kits are available from hardware stores, however, these kits cannot fully evaluate the safety of drinking water and most only inform you whether a substance is present, not the amount. Water testing kits may be picked up at the Kewaunee County Public Health Department during regular business hours. Water samples are mailed directly to the Wisconsin State Lab of Hygiene for analysis. The cost of the analysis depends on the type of test required. Contact the local Health Department at (920) 388-7160 for more information.



Get Your Garden Going!



Spring is here and it's time to start planning for your summer garden if you haven't already. Not sure where to start? Follow these tips to get your garden going!



1. Pick a sunny spot with good soil

The more sunlight the better. Plants need sunlight to grow and the more they receive, the greater the harvest. As for soil, try enriching yours with compost as it will provide more nutrients.

2. Choose a plot size

If this is your first garden, it is recommended to start small (16x10 feet). This will provide plenty of vegetables for a family of 4.

3. Choose high-quality seeds

When choosing seeds, paying the couple extra cents will pay off when harvest time rolls around.

4. Water adequately



Too little or too much can affect production of your plants. See <https://www.bhg.com/gardening/yard/garden-care/ten-steps-to-beginning-a-garden/> for more information

When planting your garden, get the kids involved! Showing them how to plant, water and harvest can teach them important skills like responsibility and patience and also encourages healthy eating.

Looking to Dispose of Old Medications?



Deterra bags are as simple as placing your old medications in the pouch, filling the bag halfway with water, and sealing it and disposing it in the trash.

Deterra drug disposal bags AND medication lock boxes are available for **FREE at the Kewaunee Human Services building**. Stop by and get yours today!

Pesto Chicken Tortellini

Prep Time

20 mins

Cook Time

20 mins

Total Time

40 mins

Course: Main Course
Servings: 4 servings
Calories: 517 kcal
Author: Julia



Ingredients

- 2 tablespoons olive oil
- 1 lb chicken thighs boneless and skinless, sliced into strips
- Salt
- 1 lb asparagus ends trimmed, cut in half
- 1/4 cup basil pesto or use more
- 1 cup cherry tomatoes yellow and red, halved
- 1 cup tortellini uncooked

Instructions

1. In a large skillet heat 2 tablespoons olive oil on medium heat.
2. Add sliced chicken thighs (seasoned with salt), and cook everything on medium heat for 5-10 minutes, turning chicken slices over a couple of times, until the chicken is completely cooked through.
3. Remove the chicken from the skillet, leaving the oil in.
4. Add asparagus (ends trimmed), seasoned generously with salt.
5. Cook on medium heat for 5-10 minutes until the asparagus is cooked through. Remove the asparagus to a serving plate.
6. Cook tortellini according to the package instructions, drain.
7. Add cooked chicken back to the skillet. Add basil pesto. Stir to coat and cook on low-medium heat until the chicken is reheated, 1 or 2 minutes. Remove from heat.
8. Add cooked tortellini and halved cherry tomatoes to the skillet with the chicken. Stir to combine. Add more pesto if desired.
9. Season with more salt if needed.
10. Add chicken, cherry tomatoes and tortellini to the serving plate with asparagus.

Alcohol Awareness Month



One in every 12 adults, or 17.6 million people, suffer from alcohol use disorder or alcohol dependence. You are not alone. If you or a loved one suffers from alcohol dependence, take the first step and call the Human Resources Alcohol and Other Drug Abuse (AODA) Counselor, Scott Gartzke, at (920) 388-3777 or visit <https://www.facingaddiction.org> for other ways to get help.